

# MF-4000 BENCH



## FEATURES

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- Comfort Padded Seat Pad (rated to 150kg)
- Safety Spot Bars (rated to 100kg)
- Extendable and Reversible Barbell Holder (rated to 120kg)
- Fully Adjustable Barbell Hooks (100kg)
- Adjustable Leg Hooks

## EXERCISES

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- Huge range of exercises that will target your entire body
- Chest: Flat, incline and decline bench press
- Shoulders: Shoulder press, military press
- Legs: Squats
- Arms: Barbell curls

## SIZING DETAILS

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<b>Occupancy Size</b>	127cm x 117cm x 172cm (L x W x H)
<b>Packaging Size</b>	127cm x 49.5cm x 20.1cm (L x W x H)
<b>Net Weight</b>	33kg
<b>Gross Weight</b>	34.8kg

